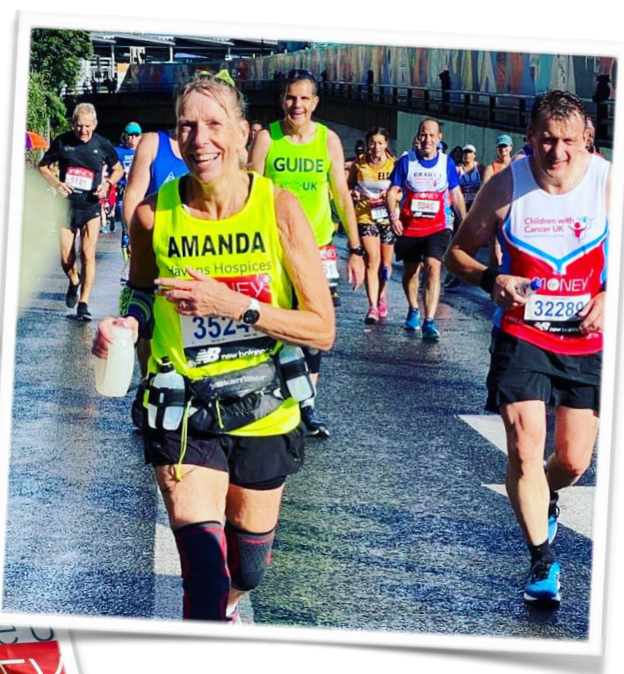
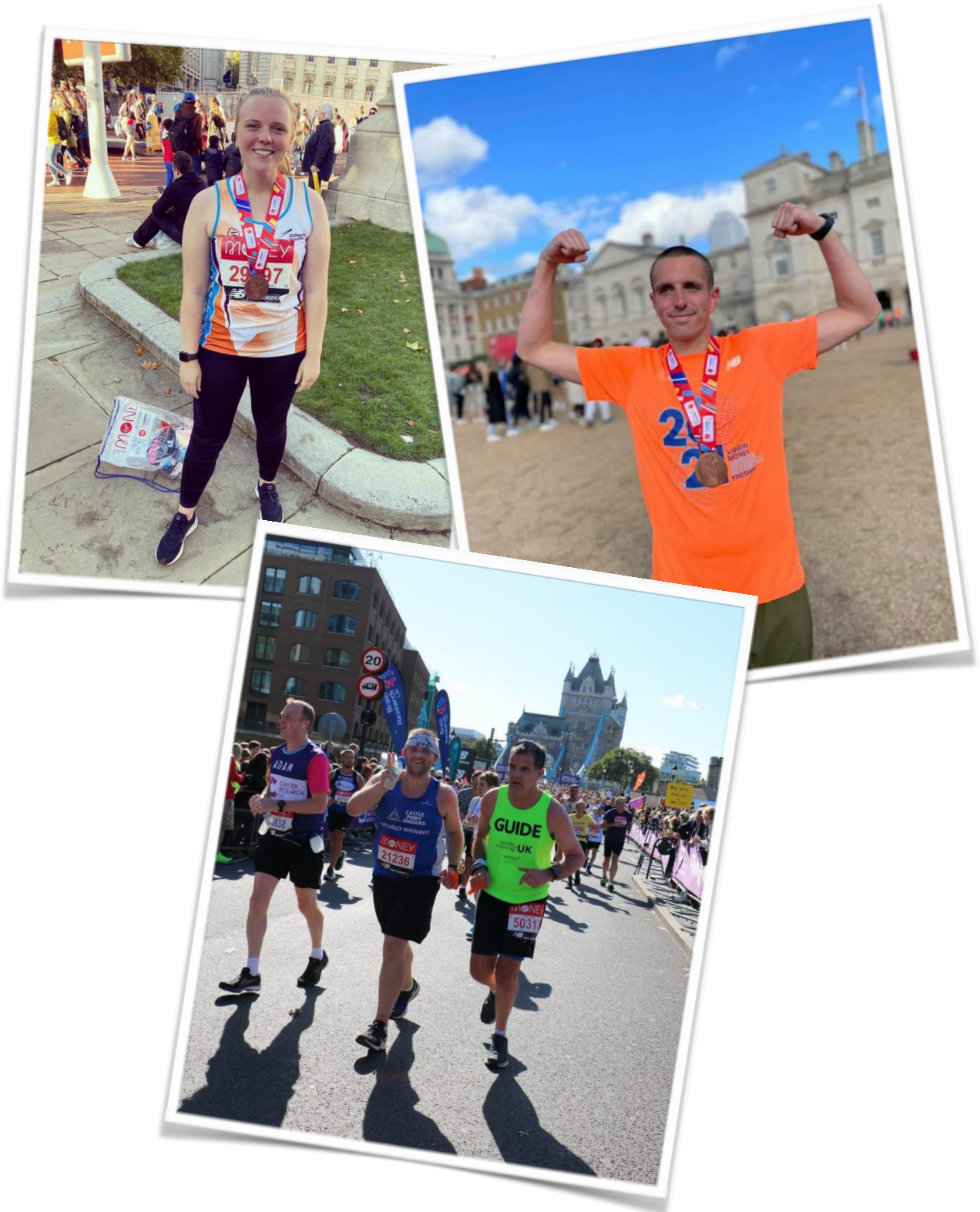


CPJ MARATHON NEWS SPECIAL

This year's London Marathon 2021 seemed more emotional than ever after a terrible 17 months for the country and all that we've had to endure, taking part in such an emotive event just seemed all that more special. I remember the weekend before lockdown when I attended Amanda and Beverley's crazy fund raiser bingo night back in March 2019, who would have thought back then that it would take until October 2021 for the event to happen. The camaraderie and personal achievement that is gained from taking part in, what is arguably the best Marathon in the world comes from the spirit of wanting to achieve something special whether it be the fund raising for so many great causes or a personal goal, I've mentioned before that running friends are some of the best friends you can have because you meet people from all different walks of life and there's no barriers, no misconceptions they all have that one connection ...to run. Adrian Orr had a fantastic run at 3:32:48 coming home first for CPJ and a pb to boot, next was Kieran Neary with a great time of 3:54:56 being assisted by Richard Bonham who has helped Kieran throughout his training period and the combination worked so well.



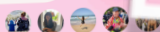
The first CPJ lady over the finishing line was Penny Bristow at 4:56:53 who raised £4,186 for the Hambo Foundation who supports people with spinal cord injuries. Dan Ayling who was guided by the brilliant Ty McKeown finished in 5:41:41 after waiting 7 years to have the opportunity, so I feel pretty chuffed that I pulled his name out of the hat as I was completely unaware of this. The Havens ladies consisting of Amanda, Bev, Tracy, Jenna, Michelle, Karen Batt and Karen Avison kept each other going throughout and regularly trained together with Amanda smashing her target of £1600 to over £2,000



“As you can see from the comments below it just might inspire you to have a go!”

Daniel

Hi everyone yesterday was an amazing experience the support was unreal every step of the way there was someone cheering you on. I was on course to finish in 4 and half hours but unfortunately at mile 16 ty hamstring went so it was a walk back from then on . Even then it was smiles away with the crowd cheering us home so I am in the ballot for next year a truly amazing day .



Karen

Hi Adam, top tip walk down the stairs backwards That was the best experience ever. So much support from the crowds that got me through it, ran approx 23 miles out of 26 which is such an achievement for me. I've balloted again



Joanne

Wow Just wow! I've always wanted to be in the London Marathon since I was a child. So this was one off my bucket list. The crowds were amazing... the marshals were amazing.... The day was amazing! It was extremely tough with all kinds of weather. One minute really hot then wet and cold. Think I managed to smile most of the way round though. The way I feel today I don't think I'll ever run again ... but never say never huh!



Maria

Kieran loved going on the coach and being part of the CPJ team and absolutely loved running around London with all the crowds cheering although he said it was a bit noisy!! He told Richard at mile 21 that he couldn't go any faster; I think he thought he had to do a sprint finish! Richard, who was a brilliant support to him, just told him to slow down a bit and keep going, which he did. We were lucky

Katherine Li T

10 years ago, I was living in UCH having been diagnosed with a rare aggressive form of blood cancer and told my prognosis was extremely poor, so to be alive and part of an amazing group of CPJ friends which I now consider family throughout the training and pounding the streets of London with 2 incredible CPJ sisters is an experience I'll never forget. It's been a

Elisa

Def no PBs here. Few weeks after having COVID and chest infection on the day my aim was to just make it round. First half was okay, second half was pure pain and purely mental challenge while trying to ignore the pain. The crowds were amazing though and kept you going - people cheering your name, kids holding their hands out for high 5s, people handing out treats and lots of music on route (DJs from their balconies, bands playing etc).



Garv

Amanda

Morning just the most amazing day from start to finish. The support was overwhelming and I probably spent far too much time stopping and hugging everyone I knew. Got a massive blister at mile 18 so that didn't help but managed a 1.08 minute Pb. I don't think I've ever heard my name called out so much in one day, just brilliant. Have to say I found this tougher than the virtual. And the torrential rain and wind at around mile 21 was hideous but still

Gary

Hi Adam it's going down that's a problem, A really great day and so well organised. Amazing support from the spectators and fellow runners. It was my first road marathon as my other have been trail so hence the PB. Age graded time approximately 4.11 so happy with that. A massive thanks to all CPJ for their support



Tracy

Unfortunately it was a personal worst for me at marathon distance



Bombed at mile 15 feeling really sick

Having said that such an awesome day

So well supported and fabulous organisation

from VLM after

Covid-19

Such wonderful people in this country

Of course I'll go again - need to make it into

double figures before

I'm 60 but next year will be a year off from

distance training

Elisa

I compared this to child birth and straight after was like never again and I still feel like this. But who knows in few weeks time when the pain has gone and remember only the good parts will see.



Rinal

Morning guys, what an awesome experience! Gary you're not the only one, I've put myself on the ballot too! Lol. Yep today I'm walking like John Wayne! My hips are sore! Well done everyone, I'm super proud to be a part of this awesome #runningfamily x



Penny

It was my first marathon and from going from someone who genuinely couldn't run down the road without stopping November 19 I'm super chuffed I completed it in just under 4 hours (didn't know my time the whole time). Was the most amazing experience I've ever had, huge huge well done to you all!! X



But let's not forget the boys and girl who ran in the Chelmsford Half Marathon at the same time as those beating the streets of London both Keith Nevett and Nick Gianotti pushed hard in this race and the effort paid off with PB's for both of them also Jenna Porter had a great run finishing in 2:41:16 so congratulations to them all, so are you feeling inspired? You can click on the link back at the top of the results page to get yourself into the London draw 2022 including the full results of both the London Marathon and Chelmsford Half.



Fitness Fun Friendship